

Guardian



Volume 11, Issue 5

Produced by the Multi-National Brigade (East)

November 3rd, 2004

PLDC

Growing
Tomorrow's
Leaders

Special Edition

American Indian Heritage Month



PHOTO COURTESY OF THE U.S. ARMY CENTER OF MILITARY HISTORY

Comanche code-talkers of the 4th Signal Company (U.S. Army Signal Center, Ft. Gordon, GA.)

November 1st begins American Indian Heritage Month, a month-long celebration of the contributions Native Americans and Alaskan Natives have made to our country. Here is a passage from the official declaration from 2001 that declared November to be American Indian Heritage Month.

"The strength of our Nation comes from its people. As the early inhabitants of this great land, the native peoples of North America played a unique roles in the shaping of our Nation's history and culture. During this month we celebrate Thanksgiving, we especially celebrate their heritage and the contributions of American Indian and Alaska Native peoples to this Nation.

American Indian and Alaskan Native cultures have made remarkable contributions to our national identity. Their unique spiritual, artistic, and literary contributions, together with their vibrant customs and celebrations, enliven and enrich our land.

As we move into the 21st century, American Indians and Alaskan Natives will play a vital role in maintaining our Nation's strength and prosperity. Almost half of America's Native American tribal leaders have served in the US Armed Forces, following in the footsteps of their forebears who distinguished themselves during the World Wars and the conflicts in Korea, Vietnam, and the Persian Gulf.

During National American Indian Heritage Month, I call on all Americans to learn more about the history and heritage of the Native peoples of this great land. Such actions reaffirm our appreciation and respect for their traditions and way of life and can help to preserve an important part of our culture for generations yet to come."

-George W. Bush,
President of the United States of America

This message brought to you by the Task Force Falcon Public Affairs Office

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Sgt. Jarvis Kettlehake performs a bounding overwatch while taking part in the situational training exercise portion of the Primary Leadership Development Course.



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PHOTO BY SPC. ADAM DIELSCHNEIDER

Keeping It Clean



PHOTO BY SPC. IAN BLAKE

Keeping tactical vehicles clean not only prevents wear and tear, but adds to the professionalism of the Soldier.

One of the best ways for tactical vehicle operators to keep their assigned vehicle in tip-top shape, is to keep it clean. Not only does keeping your vehicle clean prevent premature wear and tear, it also adds to the professionalism displayed by the operator. As a tactical vehicle operator, I understand the importance of good vehicle maintenance. Tactical vehicles can make or break a unit's overall mission readiness.

Keeping the windows and mirrors clean should be a major concern to an operator. Frequently, visibility conditions can be less than desirable here in Kosovo. Having dirty or spotty windows and mirrors can limit visibility even further.

When cleaning a tactical vehicle it is important to keep a few things in mind. Although they are designed to be waterproof, some areas of the vehicle cannot withstand water pressures in excess of 800 PSI, such as from the sprayer of a pressure washer. Lifting the hood may be necessary to dislodge mud and dirt from the front tires and suspension components. This leaves the engine compartment vulnerable to the high-pressure spray. It is important to avoid directly spraying the engine.

Water can be forced through seals and gaskets rather easily. If cleaning the engine is necessary, back off a few feet with the sprayer to avoid hitting any sensitive areas with high-pressure water.

Other sensitive areas include the transmission, transfer case, and the engine oil pan. When spraying from underneath the vehicle, use caution when spraying these areas. They contain gaskets that can be easily ruptured by high-pressure water.

Cleaning the interior is also important. Some vehicles are equipped with electronic equipment that can be damaged by excessive dust. Loose dirt can be easily swept or vacuumed out, and the floor mats can be removed and sprayed with water.

The U.S. Armed Forces has some of the best tactical vehicles in the world, but without proper maintenance and care they can quickly turn into junk. Take pride in your vehicle and professionalism. You can start by heading to the wash rack. ★



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Guardian

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Quicktime

Thinking Ahead for Christmas Gifts

The U.S. Postal Service has released the 2004 holiday recommended mailing dates for those wanting to send packages to or from the United States or forces in the Middle East.

Different dates have been set for various mailing options and mail destined for military members with deployed units, which have APO addresses starting with 093. There is a 70-pound limit for incoming or outgoing APO/FPO mail.

Deadlines for mail going to APO and FPO addresses:

- Packages sent parcel post, the recommended deadline to send is Nov. 13.
- Space-available mail, Nov. 27.
- Parcel airlift, Dec. 4.
- Priority mail, first class cards and letters, Dec. 11. For

APO addresses beginning with 093, Dec. 6.

- Express mail, Dec. 20. Local post offices can determine which APO/FPO addresses can receive express mail.
- For mail from APO and FPO addresses:
 - o Space-available, Nov. 20.
 - o Parcel airlift, Dec. 4.
 - o Priority mail, first class cards and letters and letters, Dec. 11.
 - o Express mail, Dec. 18. Only certain base post offices can send express mail.

The USPS also recommends that all mail carry the service member's full name, with or without rank, military organization or unit, and full APO and FPO address, but should not indicate the deployed country's name in any part of the address.

Creating, Forwarding Chain Letters

Policies limit use of electronic mail systems, personal use

Task Force Falcon G6 would like to remind Soldiers that electronic mail usage will be restricted to official government business as well as limited personal correspondence.

Official government business includes the following: transmission and receipt of messages, information summaries, documents, numbered forms, and correspondence such as memoranda, information papers, and information in any form accommodated by the e-mail system.

Use of the e-mail system for conducting personal correspondence is to be limited to those periods before and after duty hours, during the lunch break, or during other authorized breaks.

The authorization to utilize the e-mail system for personal correspondence, however, does not extend to purposes such as personal communications to: political messages, solicit business, advertise, or to engage in selling activities in support of private business, enterprise, fundraising, or any other use that would adversely reflect on the Army or the US Government, be incompatible with public service,

or otherwise interfere with official duties, or undermine readiness.

The creation or the forwarding of chain letters or pornographic material is prohibited.

Forwarding chain letters and other information of an unofficial nature to multiple addressees (spam) is a violation of Army Regulation 25-1 [paragraph 6-1d(7)a] and General Policy Letter #10. Chain letters and spam deplete our usable bandwidth, which degrades network performance, and detract from our organizational efficiency and productivity.

Receipt of such material will be reported immediately to the Information Management Officer (IMO) or Signal Officer (SIGO).

The report may result in investigative action under the control of the Army Criminal Investigation Division in concert with the Army Communication Emergency Response Team (ACERT).

The material will be deleted only after receipt of proper authorization from one of the two above-cited agencies. Recipients of chain letters and spam will reply to the sender (only) with the following standard text:

"Please remove me from your mail/distribution list immediately. Chain letters and spam are not permitted on official government networks".

By Spc. Adam Dielschneider

Greeks Help Kosare/Koshare Locals

The Greek 506th Mechanized Infantry Battalion conducted a medical civil assistance program (MEDCAP) Oct. 19 in the village of Kosare/Koshare near Ferizaj/Urosevac.

The purpose of MEDCAP missions is to provide free medical examinations for civilians who normally wouldn't be able to afford it. This particular MEDCAP drew an unusually large crowd, said 2nd Lt. Chrysovalantis Pothitakis, a doctor from the 506th.

Pothitakis, along with the two civilian doctors who came to lend a hand, ended up seeing a total of 104 people. It was a diverse crowd—people of all ages and genders, afflicted with a broad range of conditions, all of whom came for help. Common problems were cardiovascular problems, muscle aches, and dental hygiene issues.

A Greek combat medic, Master Sgt. Athanassios Ravianopoulos, aided the three doctors. Ravianopoulos' experience with MEDCAP missions helped them greatly. This was Pothitakis' first MEDCAP mission.

Once a patient was examined by one of the doctors, they were helped in a few different ways. If their condition was not particularly serious, they were given antibiotics or vitamin supplements to take with them. If their condition was more serious, they were referred to specialized doctors in the area. However, because of financial issues, this was not always a feasible option for the patients. Unfortunately, the doctors

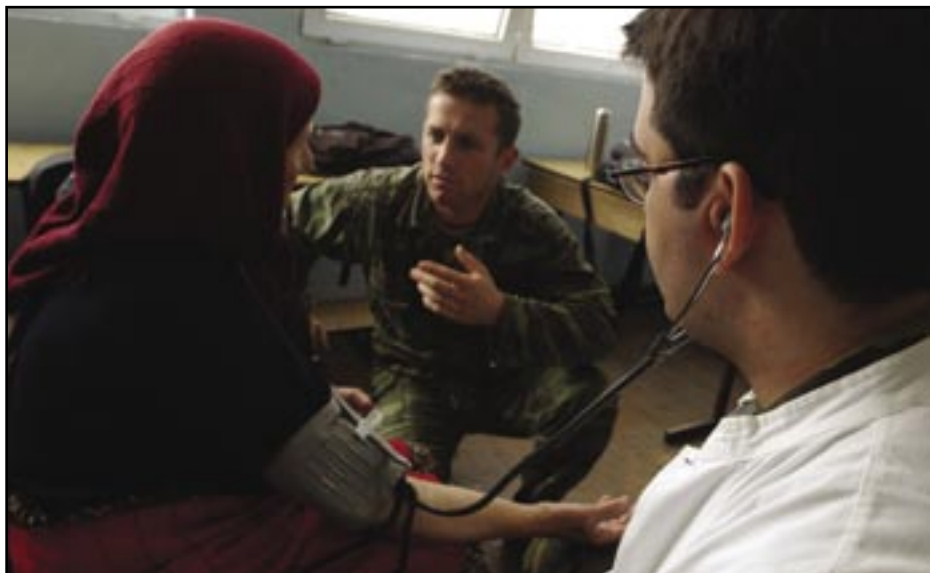


PHOTO BY SPC. ADAM DIELSCHNEIDER

were not equipped to inoculate the patients, said Pothitakis.

Overall, Pothitakis enjoyed helping the patients. "(These people) are in desperate need of healthcare and dental care. They were very grateful for our help, and helping them gave me a great sense of purpose," he said.

(Above, Lower Left) 2nd Lt. Chrysovalantis Pothitakis, a doctor from the Greek 506th Mechanized Infantry Battalion, examines patients with the help of a translator as children (below) wait their turn.



PHOTO BY SGT. STEPHEN GROVES



PHOTO BY SPC. ADAM DIELSCHNEIDER

Destination: Historic Sofia, Bulgaria



PHOTO BY 1ST LT. BILL GEDDES

Task Force Falcon's pass program offers Soldiers a chance to relax and experience a new culture and hospitality

Sofia holds a variety of bargains for shoppers

Fighter Management Pass Program (FMPP) is designed to give Soldiers a break from their everyday duties. It is a privilege and not a right. Commanders are the ultimate approving authority for FMPP. The Army chose Sofia, Bulgaria as the location for KFOR based on several reasons. One is the close location; Sofia is just a four-hour bus ride from Camp Bondsteel. Two, it is a great bargain for the price you pay. The hotel Rodina, which means Motherland, is only 30 euros a night per person for a double room, for a total of 90 euros for the three nights spent on pass. You can get your own room for 40 euros a night.

The hotel has an indoor pool (so bring your swimsuit), fitness room, and saunas; massages are also available. There is a nightclub on the 21st floor, and a restaurant on the ground floor. There is a beauty shop that offers manicures, pedicures, and salon services. You can enjoy great food from many types of restaurants, including German, Italian, Chinese, and Bulgarian for about \$10 a meal. Breakfast is part of your room cost, and lunch can be bought for about \$5 at most cafés and restaurants.

For those of you who miss traditional American fast food, there are

five McDonald's and a few Kentucky Fried Chicken restaurants in the area. Taxi rides are cheap: about \$3 will get you most places in the city. Soldiers may want to use OK Taxi, an Army-approved company, but always get a receipt. You can walk to most places, but the shopping district is about a \$3 taxi ride.

The shopping district offers booth after booth of Chinese import items, such as clothing, leather goods, shoes, and electronic items at bargain prices. Another fun place to shop is the flea market by the Alexander Nevsky Cathedral. Here vendors line the sidewalk and sell all sorts of antiques, religious icons, and some nice reproduction World War II items. Bargaining is half the fun, and you can find nice souvenirs for everyone on your shopping list.

The churches in Sofia are a mixture of old and new. All are very beautiful, especially the Alexander Nevsky Cathedral.

There are several museums in Sofia; all are a bargain, and are worth a visit depending on your interest. The museums of Art, Archeology, Anthropology, and the Natural History Museum, are all within walking distance. The National Military Museum

is about a \$4 taxi ride. Most museums charge under \$4 for admittance, with the exception of the military museum, which is about \$6.50.

It is also interesting to watch the changing of the Guard outside the Presidential Palace, and visit the rotunda of St. George, which is directly behind the palace.

Finally there is the nightlife, with plenty of clubs for soldiers to go dancing at, or just hang out in. So Sofia has something for everyone: shopping, culture, historical sites, and nightlife.

It's a bargain, a fun place to visit, and a well-deserved break, so take advantage of being in Europe and go to Sofia! There are several websites you can visit for additional information, including www.rodina.bg and www.sofia.bg. For additional details visit Sgt. Cara Morgan in building 1340D in Camp Bondsteel's "Admin Alley" for a Soldiers' handout guide, or contact Mr. James Webber at the AST via the global. ★



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By Sgt. Benjamin Hokkanen

What Makes the Army: Soldiers

Life experiences often prepare us for challenges we face later in life. As Reserve and National Guard Soldiers, this rings especially true. A Soldier who is a prime example of this is Lt. Col. Gordon L. Ellis. He is the chief of police back home. He earned a Master's Degree in Education. He is a graduate of the FBI National Academy. All these different educational experiences, both classroom and real life, have prepared Ellis for what has been one of the biggest challenges, and proudest accomplishments of his military career; his duty as Task Force Shield commander.



PHOTO BY SGT. STEPHEN GROVES

What made you decide to go from the Active component to the Army National Guard?

I always enjoyed the military and I still wanted to serve as much as I possibly could, even though I was outside the active component.

How long have you been in the ANG?

Nineteen years in the ANG, four years in the active Army. Total, 23 years in the Army.

How did you get your commission?

I was enlisted in the active Army as a corporal, and then I went through OCS and became an officer and did my college after I became an officer. Then at one time I went back to that same OCS program as a TAC officer, and became a Senior TAC officer. So the same program I was commissioned in, I went back and had the opportunity to be in command of.

I know you are a police chief back home; how has that aided you as the Task Force Shield commander in Kosovo?

In a mission like this it has been invaluable. It has absolutely prepared me for a lot of the challenges that I face here. Specifically, a lot of the taskings that I do here are very similar to what I do as a police chief back home. There

are certain tasks that we have that have a law enforcement component to them. Some of the interaction with the municipal representatives is very similar in nature to the interaction I have back home with the township trustees. It's interesting to me how many of the issues I face here are similar to the ones back home.

So it's been a good parallel for you coming here?

It's been eerily similar. Ironically back home we have an election process in the township that is 30 days in length for the trustees to be elected, which is what we just experienced here in Kosovo. It's really kind of interesting to watch the parallel issues here. A lot of the activities that we focus on here are criminal in nature; smuggling, weapons violations, and other things that we experience back home.

How have you been able to take what you know of these things and help prepare the task force for some of these issues?

We are blessed in the fact that we have a lot of folks coming from a law enforcement background. When I speak to the local law enforcement officials here, we have a nice fit between what they perceive our activities are and, what I perceive our activities are. That

helps us in that arena. As far as benefiting the task force, these are a great group of Soldiers, all of them doing a very sound job. So really, I just try to point them in the right direction and let their initiative drive the mission. I think any commander that is worth his salt has to accept the fact that you are successful based on the activity of your Soldiers. In my case, they don't need a lot of guidance they just do good stuff. I just support them, and I enjoy every moment that I get to spend with them. Every commander is biased I suppose, but I'll tell you that I have a great group of Soldiers, and I'm proud of the activity they have performed since we have been here.

Have you had any major challenges that you have had to overcome here?

Every day! This is such a dynamic environment that we, as a unit and a task force, are faced with every day. It varies so much every day from the support of the elections, to searches, to ensuring there is a good water supply in villages, to assisting with schools. I am challenged personally every day by something I didn't anticipate before. What I have been most pleased about though, is that the staff and all the Sol-

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PHOTO BY SPC. IAN BLAKE

Foundations for Healthy Soldiers

A balanced meal should feature foods from each of the five food groups.

You're standing in the serving line at the local dining facility. Presented before you are the usual number of meat dishes, hot side dishes, and the normal assortment of other choices. But which are the healthier choices? Which ones will benefit you?

There are many different eating and diet disciplines out there, some more outlandish than others. My recommended guideline is the Food Guide Pyramid developed by the U.S. Department of Agriculture, and supported by the Department of Health and Human Services. In it are some very basic steps that can be taken to increase your energy, decrease your waistline, and improve

your health.

First off, the pyramid isn't a rigid prescription, but a general outline of what to eat each day. It allows you to choose a healthy diet. The pyramid calls for eating a variety of foods to get the nutrients you need. It also focuses on fat, because most diets are too high in fat, especially saturated fat.

The pyramid emphasizes foods from the five major food groups shown in the pyramid's three lower levels. Each food group provides some, but not all, of the nutrients you need. The food groups can't replace each other. No single group is more important than the others; you need them all for good

health.

At the very top of the pyramid is the group containing fats, oils, and sweets. This includes foods such as salad dressings and oils, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. They provide calories and nothing more nutritionally. Most people should use them sparingly.

The second level from the top of the pyramid are two groups of food that mostly come from animals: milk, yogurt, cheese; meat, poultry, fish, dry beans, eggs, and nuts. These foods are for protein, calcium, iron, and zinc. You should have two to three servings from both groups each day.

The third level from the top includes foods that come from plants: vegetables and fruits. Most people need to eat more of these for the vitamins, minerals, and fiber they provide. You need two to four servings from the fruit group and three to five servings from the vegetable group each day.

At the base of the pyramid are breads, cereals, rice, and pasta—all foods from grains. You need between six and 11 servings a day from this group. You need all of these servings each day.

The size of the serving depends on your age, sex, size, and how active you are. Regardless, you should have at least the lowest number of servings. Teenage boys, many active men, and some very

See HEALTH, page 23

Healthy Serving Suggestions

- A serving of the bread group can be a slice of bread, an ounce of ready to-eat cereal, half a cup of cooked cereal, rice, or pasta.
- A serving of vegetables can be one cup of raw or leafy vegetables; half a cup of your choice of another cooked or chopped raw vegetables, or three-fourths of a cup of vegetable juice.
- A serving of fruit can be one medium apple, banana, or orange, one-half cup of chopped, cooked, or canned fruit, or three-fourths cup of fruit juice.
- A serving of milk, yogurt, and cheese can be one cup of milk or yogurt, one to one-half ounces of natural cheese, or two ounces of process cheese.
- A serving of meat, poultry, fish, dry beans, eggs, and nuts can be two to three ounces of cooked lean meat, poultry, or fish. One-half cup of cooked dry beans or one egg also counts as one ounce of lean meat. Finally, two tablespoons of peanut butter or one-third cup of nuts count as one ounce of meat.

Get the Ruck Out: Beyond ALICE

Soldiers sometimes choose between the proven, sturdy ALICE pack or the new alternatives

Sgt. Scott Marley, Task Force Falcon G6, marches back from the M16 qualification range.



PHOTO BY STAFF SGT. JEFFREY DURAN

Short of boots and rifles, there are a few tools in a Soldier's kit that are as recognizable or as important as the rucksack.

From the leather mussett-bags carried in the French and Indian War to the massive 'mountain ruck' used by some modern light infantry forces, the need for Soldiers to carry food, ammo, and dry socks is one that has transcended all technological advances in logistics.

Like generations of warriors before us, today's Soldier carries a piece of home on his back. While essentially the same, modern rucksacks have become lighter, stronger, and infinitely more specialized than their predecessors. Despite this, the goal remains the same: to move a burdensome load over some distance while allowing the hands freedom to perform the mission.

Standard issue for much of the Army is the venerable All-Purpose Lightweight Individual Carrying Equipment or ALICE Pack. In service with the Army for more than 30 years, the ALICE has seen little change. Indeed, today's ALICE is virtually identical to the rucksack my father carried in Vietnam – simply a large canvas

sack riddled with pockets and lashed to an aluminum frame. Yet despite this seeming simplicity, the ALICE has lasted so long because it works.

While civilian backpacks geared toward hunters and campers have evolved into ultra-expensive conflagrations of high-tech fabrics, internal frame systems, and body-hugging personalized fit, the ALICE remains simple, cheap to produce, and relatively easy to repair.

The large model of the ALICE can be loaded (with practice) with an inordinate amount of gear, and carried (with some discomfort) for extreme distances. Soldiers taking part in Special Forces Assessment and Selection (SFAS) routinely carry these rucks loaded to 50 pounds or more throughout their 24-day assessment.

Despite the ALICE pack's long history with the Army, there are a few things it doesn't do very well. Carrying a small load is one of them. While you can indeed pack an MRE, some dry socks, a t-shirt and a paper-back book into the ALICE and cinch it up tight, the external frame system and the sheer size of the pack make it cumbersome to carry for short distances – or as a con-

stant companion through a long, hot day of area beautification detail.

While an infantryman facing weeks of solid field time might appreciate the ALICE's ability to swallow enough gear to make a mule stagger, that same infantryman is likely to opt for something smaller and more specialized when faced with a four-hour foot patrol through town.

To keep up with changing missions, faster operational tempo, and the seemingly counter-intuitive need to actually carry less, the Army has in recent years turned to the civilian sector for solutions. The most visible result of this has been the introduction of the CamelBak hydration system. Originally developed as a convenient way for hikers, bicyclists and endurance athletes to carry and drink water, the CamelBak helps with another of the military's problems, the need to keep Soldiers hydrated. While the Army canteen does a fine job of holding water and suffering the indignities of three-to-five-second combat rushes, it fails utterly when a Soldier needs to move fast, keep his hands free, and still hydrate. Try as we might, none

See GEAR, page 23

How to Stop Holiday Blues Early

Chaplain Aquino suggests how to deal with separation from loved ones during the holidays

Getting involved in holiday activities, such as decorating a Christmas tree, will help Soldiers get over the "Holiday Blues."



PHOTO BY SPC. IAN BLAKE

When you received orders for Kosovo you knew the holidays loomed out there, and you have probably dreaded the separation from friends and families. Now, with the holidays just around the corner, you may be asking, "How am I to deal with separation from my friends and family during the holidays?" Well, it begins with attitude. Abraham Lincoln said, "Most folks are about as happy as they make up their minds to be."

Don't write off the holidays as a lost cause simply because you cannot be with your family in Hometown, USA. Accept the challenge to make this holiday season different, not deficient. Years from now this Kosovo holiday season will be remembered as unique, and some of us may never find ourselves separated from family in this way again.

The late Christopher Reeve was quoted as saying, "Pain is inevitable, misery is a choice." Being physically separated from our friends and family during this holiday season, while painful, will only be miserable if we choose so. Our attitude, good or bad, directs the choices we make, and good choices will make the best of our circumstances.

One good choice is to be a source

of encouragement and help to others. Few things bring as much joy as helping someone else. You are only limited by your imagination. Join the Christmas Choir. Socialize with someone who needs a listening ear. Serve the Kosovo community in a small way, and share this with your family at home. Give anonymously. Have groups or individuals from home send money or

"Most folks are about as happy as they make up their minds to be."

— Abraham Lincoln

small items to help the needy.

Actions such as these are, without a doubt, the key to avoiding and overcoming the holiday blues. Have a say in this year's celebration events. Though your loved ones are many miles away, you should actively participate in the festivities. Your family may uphold your particular traditions. Look for ways to celebrate these from a distance. This can take many forms: cards, letters, or timely phone calls and emails. Everyone should be making a list, and preparing to send home gifts. It really is the thought that counts, so don't be

hung up on getting the biggest and best. Small gifts mailed from Kosovo with a note attached will be very special and bring joy to family and friends.

How often does anyone get a gift from overseas? Send it early with a note, "Do not open until Christmas." Anticipation will build as your family members promise to wait until Christmas. Another option is to shop via the Internet, and have items sent to your residence. Postage rates are very inexpensive. All your Christmas cards this year are mailed for free. Why not put together a newsletter about your experiences thus far and mail it to all your friends and family?

Finally, socializing is very important. You have a "second family" here in Kosovo. Perform random acts of kindness. Do something special for your battle buddy. Attend holiday events. Strike up new friendships. Share ideas and stories from home. You may not think you need it, but it needs you. Your presence could make a big difference in the life of another soldier. ✱



Chaplain (Lt. Col.) Andrew Aquino, Multi-National Brigade (East) staff chaplain, can be reached at Andrew.Aquino@bondsteel2.areur.army.mil



Tomorrow's Leaders

While today's leaders are doing their duty, the next generation prepares for their turn. Task Force Falcon Soldiers face the challenges of the Primary Leadership Development Course...



PHOTOS BY STAFF SGT. JEFFREY DURAN

(Left) Sgt. David James takes aim with his rifle during a field exercise as colored smoke bellows behind him. (Above) Sgt. David Bean and Sgt. Patricia Arroyo plan their next move behind hard cover while a Small Group Leader watches in the background.





PHOTO BY STAFF SGT. JEFFREY DURAN

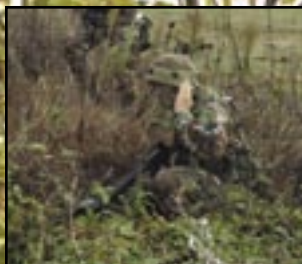


PHOTO BY STAFF SGT. TOMAS ROFKAHR



PHOTO BY STAFF SGT. JEFFREY DURAN

Future Leaders of the Army Move Forward on Bondsteel

Story by Sgt. Greig Dahlke

Some of the future leaders of our Army have been trained at Camp Bondsteel. Forty-seven new leaders accepted well-deserved diplomas Oct. 20, in front of a large crowd gathered at the camp auditorium. This was the culmination of two weeks worth of hard work and constant evaluation for KFOR 6A's first graduating Primary Leadership Development class, where the peacekeepers learned the basic skills necessary to be a successful leader in today's Army.

"Our country is at war, and you and your Soldiers are responsible with the sharp end of a spear for winning that war, so our families can be safe in their homes," said Brig. Gen. Tod J. Carmony, Multi-National Brigade (East) commander, while addressing those attending the graduation.

The commanding general stated that NCOs are the very important trainers and enforcers of the Army standards.

"You are the last leader," added Carmony. "If you don't teach, train, and mentor your Soldiers so they understand and meet the standards, then the standards don't exist. They may be on paper, or on a computer drive somewhere, but they do not mean anything if you have not made them a part of your Soldier's everyday life."

"PLDC is basically geared towards training these Soldiers to become leaders," said, Sgt. 1st Class Gary Martz, senior small group leader of the 3-166th Regiment. Small Group Leaders (SGLs) were imported from Fort Indian Town Gap, Pa., to instruct this class.

Martz also asserted that PLDC is a non-military occupational specialty specific course taught in a live-in environment that uses the small-group instruction format to prepare soldiers for positions of higher responsibility, such as squad or section leaders.

The course teaches Soldiers how to become both technically and tactically proficient leaders in a go-to-war atmosphere.

During a week of intense classroom instruction, the fledgling leaders learned different leadership styles, map reading, counseling, how to conduct physical training, proper wear of the uniform, leadership in a garrison environment, team building, how to give classes, drill and ceremony, and basic supply procedures. Then they took a comprehensive test on the written material. After this, two days were spent on land navigation, with a hands-on test in both day and night conditions.

"I learned a lot of new information that I didn't know before, so I think it will definitely help me to be a better NCO," said Sgt. Patricia Arroyo, from the Joint Visitors Bureau section, Headquarters and Headquarters Company, 37th Brigade Combat Team, Task Force Falcon. "If I ever come upon another challenge, I'll be able to pass it and drive on, and know that things aren't always as bad as they seem," Arroyo said when asked the most important lesson she had learned.

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(Top Left) Lying prone in the bush, Sgt. Donald Leedy prepares to make his move during a Primary Leadership Development Course field exercise. (Top Center) Sgt. Justin Baker directs squad movement. (Top Right) While shrouded in leaves, Spc. Josue Pacheco prepares his weapon for anything during a field exercise. (Right) Leading his fellow Primary Leadership Development Course students through a wooded area, Sgt. David Bean keeps an eye out for anything dangerous.





PHOTO BY STAFF SGT. JEFFREY DURAN

The course met the expectations of Sgt. Tony Baker, 35th Military Police Company, Task Force Protector.

"I really didn't have many expectations coming into the course, because you really don't know what you are going to face. But I think it's going great," said Baker.

"The atmosphere is a little bit different here than back in the states. It's not every day that you go to school with live ammo," said Baker.

Being in a hostile fire zone, one might think it would be difficult to conduct a PLDC class here. However, the opposite seems to be true.

"We have the classrooms that we need, we have the land navigation course that we need; Camp Bondsteel has everything that we need to conduct PLDC," said Martz.

"I feel that

this is probably one of the better classes I've had based on the fact that they know they are in a hostile fire zone," said Staff Sgt. Timothy Bomboy of the 3-166th Regiment. "They came here to train to fight, and they're ready to go."

Putting It All Together

An artillery simulator round goes off.

"Three o'clock, two hundred meters, follow me!" orders the squad leader.

After reconsolidating, they move out again, entering the field of car-sized concrete pieces where the ambush would take place.

The ambush squad is hidden away in the maze of cement pieces strewn about in an area roughly the size of a football field.

Contact is made. Shots ring out

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PHOTO BY STAFF SGT. TOMAS ROFAHR

(Top) Looking over her hard cover, Sgt. Noel Zimmerman scans the horizon for signs of danger. (Bottom) With compact in hand, Sgt. Larry Angel smears his face with camouflage paint in the simulated field environment. (Right) Assuming the kneeling unsupported position, Sgt. Kevin Dyer pulls security during a squad movement. (Far Right) Lying in the prone while pulling security, Sgt. David Bean, Sgt. James Cook, and Sgt. Kevin Dyer prepare to assault a position.





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from both sides. In close-quarter combat simulation, the squad leader shouts out, "Lay down suppressive fire...Lay down suppressive fire...Lay down suppressive fire." Then the leader shouts, "Come here! Come here! Come here, now!" Chaos, yes?

This scenario occurred, when after one week in the classroom and two days learning how to navigate, sergeants took to the field for the Situational Training Exercise (STX).

This exercise measured how tactically sound the leaders are. For example, the teams practiced how to move in a wedge formation, and how to make and break contact with enemy forces. They were also exposed to a rapidly deteriorating situation where chaos is the best description.

"There are no easy answers, and the variables that we give the Soldiers throughout the mission, force them to continually make new decisions," said SGL, Staff Sgt. Martin Cowden of the 3-166th Regiment.

"Anybody can be a leader," said Bomboy. "But a good leader is where you have the knowledge and the ability to act without having to sit down and plan a course of action."

After turning in live ammunition for blank rounds, the six PLDC squads took turns moving through the various scenarios. One squad was tasked to set up an observation reconnaissance point (ORP), while another was set to ambush them. The squad that got ambushed had no idea of what was about to happen next. Plans changed. Fragmentary orders came down. They passed through an area of young-growth hardwood trees regaled in autumn colors, while another squad had set up a hasty vehicle checkpoint. The squad didn't know whether

the other Soldiers were hostile forces or not. Then they used bounding-overwatch tactics across an open area, remaining vigilant for the enemy.

"Right off the bat, we give them the tools to make decisions on their own, and when safety is not a concern, we watch them crash and burn -- so that way they learn something from their mistakes," said Martz.

The ensuing battle with MILES gear drove home the realities of combat.

"I got killed," said Sgt. James Cook from Headquarters and Headquarters Company 1-148th, TF Shield, when asked what happened to him during the mock-skirmish. "You have to adapt and overcome any situation that you come to. If it turns

into something that (is no fun), you just have to overcome that."

After the Soldiers' pulses came back down, the squads conducted after-action reviews to note the sustainments and improvements of the mission.

Graduation

You serve at an important time in history," noted Carmony. "Take what you've learned here, and build on it. The lives of your Soldiers, and the future of our country is in your hands."

With all of the evaluations passed, the 47 new leaders made their way into the Camp Bondsteel auditorium for graduation.

A choir group sang the *Star-Spangled Banner*, and Spc. Tyon Thompson, of Headquarters and Headquarters Company,

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Sgt. Jettie Silva prepares to ambush an opposing squad while holding up in a fortified position.

(Far Top Right) Spc. Mark Conover moves into position as Sgt. Chad Baures (Top Left) provides cover fire. (Center) Conover and Baures both lay down suppressive fire. (Right) After the ambush, Conover rushes from the area.



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(Below) Sgt. William Lehr and his team pulls security after piling out of their Humvee, (Right) Sgt. David Bean and Sgt. James Cook plan their next move after finishing their rush. (Middle Right) Sgt. Jeremy Brown and Sgt. Justin Barker review their map while Sgt. Larry Angel looks on. (Far Right) Staff Sgt. Timothy Bomboy shares his comments with a Soldier during a break in the field exercise's action.



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1-137th Avn. (assault), gave an emotional invocation and benediction.

Sgt. 1st Class Gary Martz was the master of the ceremony. He described the PLDC course and noted how the many hours were well spent.

Next, Carmony took center stage.

He recalled the first time he was surrounded by a group of elite Soldiers inside a theater at Fort Indian Town Gap, PA, at the height of the Vietnam War.

He charged the graduates to put the skills that they just learned to use. With that said, awards and diplomas were distributed by the general and Command Sgt. Maj. Terry Dillon, TF Falcon command sergeant major.

Sgt. Jettie Silva of the 448th Civil Affairs

Detachment, TF Falcon, earned the award of distinguished honor graduate for achieving the highest academic mark in combination with her score of 292 on the Army Physical Fitness Test.

Then came the naming of the distinguished leadership award graduate. This is an award given to the Soldier who was voted by his peers as the most motivated and inspirational leader of the class. Sgt. Brandon Pye, 1-118th Infantry (mech), earned this mark of distinction.

With this honor in hand, Pye recited the traditional NCO Creed. He began, "No one is more professional than I. I am a Noncommissioned Officer, a leader of soldiers."

For 47 of our newest leaders, this first line no doubt, says it all.

The New PLDC

The world's situation changes with each passing year, and so does the climate in which the military trains its Soldiers. Changes for the Primary Leadership and Development Course (PLDC) have been mostly minor adjustments.

The subjects focus more now on what it means to be an NCO, more specifically an E-5, said Sgt. 1st Class Chad Rhoads, 3-166th NCO Academy, a senior small group leader for the recent PLDC class that graduated at Camp Bondsteel. They are the first line of leadership, and are responsible for training and helping the lower enlisted Soldiers.

Some of the bigger changes have to do with the size of the forces being used. Unlike the tactics of the 1970s and 1980s, which used larger platoon-sized elements, modern Soldiers are taught tactics on the squad level. Since E-5s are often squad leaders in combat situations, they must be trained in leading a squad-sized element in fire and movement scenarios, said Rhoads.

"Some of the classes have changed, and the land navigation portion is now self-correcting, meaning that the points on the course give the students help," said Rhoads. "We also give only one written test instead of the usual three."

PLDC may continue to evolve as the world situation changes. Rhoads expects there to be a continuing shift towards warrior-based skills, with hands-on tactical training in the field, and less of an emphasis on classroom time.

By Spc. Adam Dielschneider

Decked out in natural camouflage, Sgt. Michael Grace stops to look over his map.



PHOTO BY STAFF SGT. JEFFREY DURAN

diers here have risen to all the challenges they have faced. They have done such an outstanding job in the areas they operate in, and so far, nothing that we can't adapt to has come up. Based on the level of activity that we have had, it seems like we go from one significant event to the next. I anticipate that every day I will have a new challenge, and that the task force itself has been challenged but responded well to all the unplanned events.

What is your biggest personal military accomplishment?

Probably the most significant accomplishment is this deployment. It's incredible when you think of the fact that we took the foundation of the 148th Infantry Battalion, partnered with Charlie Company, 1-118th Bradley out of South Carolina, and took the 206th Engineers out of Kentucky, and yet we were able to bring them all together and meld them into a task force. I mean today, as I sit here, a very proficient and successful task force. I don't know that in my career I will have a prouder moment than when I watch them roll out of the gate or when I see them out on patrol. I am reminded of the fact that they may come from dissimilar backgrounds, but I think these Soldiers represent the best

of the American character. I see compassion, I see them teaching in schools, and I see them focused on the mission when they are seizing weapons. Just the best that a Soldier can be you can see displayed in these young Soldiers who are doing the job. The leadership that I see from all levels, company commanders, NCOs, is just outstanding. As a commander, I don't know that you are going to have a better experience, or anything that you can be more proud of than that. The bottom line is that these Soldiers are very unique in that they represent less than two percent of the American population. A couple of months ago they were at home, doing whatever their civilian task was, but today, they are a very real, tangible element of American policy in a region that hasn't known a lot of peace. And the guarantor of that peace is now this task force. I am just so proud and so humbled by what I see when I see them go out. They are the individuals that demonstrate American resolve. They are the ones that display the best that we are as a nation. They all demonstrate the best that America is. There aren't a lot of people willing to serve like them.

All those things combine to make this a very satisfying and proud moment. I realize in life it's not often that we have opportunities to see the level of professionalism and service in Soldiers like we do here. I don't take that for granted. I realize that I'm looking at something that

many of my peers never had an opportunity to see. I'm actually in command of a task force on a deployment, and they are doing a great job. I think these are the times in life that you can remember and treasure. I don't want to take lightly what is going on here because, honestly, if you want to see the best of America, go out and look at them. The best that we are as a nation is displayed in that task force. It's not me, the commander, it's the Soldiers. The Soldiers are the ones going on the patrols, they are the ones handing out the school supplies, and they are the ones teaching the children. The best we are is displayed through them.

In closing, do you have any words of wisdom or words to live by?

Most of the profound things in life have already been said, but I will say this – one of the things that has served me well is to always strive to affect individuals and groups in a positive way. And understand why you do what you do and what you want to do, because, having the right to do something doesn't mean it's right. Understand the outcome of your activities. Will what I'm going to do have a positive effect on others? Always begin every task with an end in mind. And one last thing, I realize it is said a lot, but do the right thing, always. We usually know what the right thing to do is in five seconds, that's not the question. The question is do you have the courage to do the right thing?

HEALTH (Continued from Page 9)

active women may need 2,800 calories. Sixteen hundred calories is about right for many inactive or deskbound women and some older adults. For most children, teenage girls, active women, and many inactive men, 2,200 calories is about right.

But what you eat depends on you when it's all said and done. If you want to take care of your body, then you should remember that the food you eat will affect you. Yet, eating right isn't the only key to a healthy body. By combining a balanced diet with regular exercise...come on people, we've heard this all before. Just follow that advice, and you too could be a healthy Soldier. ★



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GEAR (Continued from Page 10)

of my fellow paratroops in the 82nd Airborne Division found a really effective way to drink from an Army canteen while rucked up and hauling on a forced march. Indeed, many of the dehydration problems we faced were caused because so many Soldiers were simply unwilling to try and unlimber a canteen from their web-belts while heavily loaded and trying to move fast.

The CamelBak systems, such as the ones issued to members of Task Force Falcon, can be integrated into the Load-Bearing Vest (LBV), as well as the ALICE pack. Soldiers can then route the drink tube either over or under the shoulder strap, allowing them to grab a

drink by dipping their head toward the bite valve. With practice and some bread ties this can be done hands free.

Now – what if you don't want to bother with carrying the hydration system in a full Alice pack? That too has been addressed with fine form, and can be seen in use throughout today's Army. Check back next issue when we look at the next stage in the evolution of the Soldier's rucksack – The Assault Pack. ★



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Parting Shots



PHOTO BY SGT. STEPHEN GROVES